TORONTO metro®

NEWS WORTH SHARING.

I'm running for the little secrets my daughter whispers in my ear.

I'm running for the coffee I share with my husband every morning.

I'm running for the blueberry pancakes my husband makes on Sundays.

I'm running for the late-night ghost stories I'll tell my kids around the campfire.

I'm running for the extended family reunions we host every summer.

I'm running for the phone bills I rack up with my mom every month.

I'm running for the hand-picked roses I'll give my wife on our 50th anniversary.

I'm running for the look in my mom's eyes when I tell her she's going to be a grandma.

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TUNNEL VISION

METRO COLUMNIST THINKS HE'S GOT A TRANSIT PLAN THAT WORKS PAGE 11

A fly on the Wall Street

Twitter's initial public offering promises to be the most buzzed-about since Facebook's — but can the medium be monetized? PAGE 10

He's got a daddy named Hanks, too?

Actors with recognizable surnames say it's tough being compared to parents PAGE 13

Google hasn't killed all the mnemonic jobs

Just how tough are London's memory championships? Find out from the best PAGE 21

NEWS WORTH SHARING.

$1B lawsuit against Ontario institution alleges horrific abuse

Class-action suit set to begin Monday. Former 'Orillia Asylum for Idiots' comes under microscope

Humiliation and abuse were doled out almost daily at an Ontario institution for the developmentally disabled, punishment for infractions as minor as speaking out of turn, former residents allege in a class-action lawsuit against the provincial government.

"If we got caught talking, we had to get up with our pants down and walk around the play room with our pants down," said Marie Slark, 59, who spent nine years of her childhood at the Huronia Regional Centre.

In other instances, children whose behaviour earned them a "black mark" were kicked and struck by their peers at staff's insistence, she and another plaintiff, Patricia Seth, said in an interview.

Slark, Seth and thousands of other former residents are alleging systemic neglect and abuse at the Orillia, Ont., facility, which opened its doors in 1876 under the name Orillia Asylum for Idiots and closed in March 2009. Some say they were forced to work in the fields for no money.

The $1-billion suit is set to begin Monday, three years after receiving the green light from an Ontario Superior Court judge.

It covers those institutionalized at the centre between 1945 and 2009, many of whom are now dying.

Money aside, Slark said she wants the province to apologize "for what they put us through."

"They took our childhood from us," she said.

The Ontario government denies the allegations, which have not been proven in court.

In its submissions to the court, the province acknowledges there were incidents of abuse, but insists these were isolated and did not stem from neglect. The province also maintains residents were cared for in a manner "consistent with the knowledge, experience and standards of the day" and benefited from living there.

THE CANADIAN PRESS

Quoted

"It was like living in a prison. The only thing is, we didn't know when we would even get out. We thought we were going to die here."

Patricia Seth, plaintiff

THERE'S SO MUCH RIDING ON TORONTO CENTRE

Two former journalists — the Liberals' Chrystia Freeland, top, and the New Democrats' Linda McQuaig — will be going head-to-head in an upcoming federal byelection for Toronto Centre, a race expected to preview which party will emerge as the alternative to the Tories in the next national election. Story, page 3. TORSTAR NEWS SERVICE

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Mimico

Residents rally for gay couple

Several dozen Mimico residents drew chalk flowers and waved rainbow flags in a Lake Shore Blvd. W. park Sunday to show solidarity with a gay couple who say they were "humiliated" in an area restaurant. The owner denies homophobia had anything to do with how the couple was treated.

Bram Zeidenberg, 25, says last spring he and his partner were planning a Pride event at Canadiana Restaurant. "A waitress ... told us that we could do whatever we want in the privacy of our homes, but that this is a family restaurant and that we can't sit together."

Restaurant owner Stefanos Stavropoulos, who says he has many gay friends, says his staff give him a different account and denies anyone told the couple they couldn't sit together. TORSTAR NEWS SERVICE

Roy Thomson Hall

Girl sexually assaulted at TIFF

A 15-year-old girl was sexually assaulted in front of Roy Thomson Hall during an event at the Toronto International Film Festival Saturday, police said. The incident took place around 5:45 p.m., police say, before the gala screening of Life of Crime. The girl was assaulted while standing at a barricade with a large group before the star arrivals.

The suspect is described as a white male between 45 and 55, five-foot-six, wearing a greyish blue baseball cap with the words "Blackcomb Whistler SRT."

TORSTAR NEWS SERVICE

12 Years a Slave wins TIFF's top prize

The cast of 12 Years a Slave: From left, Sarah Paulson, Alfre Woodard, Chiwetel Ejiofor, director Steve McQueen, Michael Fassbender and Lupita Nyong'o during TIFF last week. The film, by Shame director McQueen and starring Ejiofor, took home the BlackBerry People's Choice award on Sunday at an annual brunch gala marking the end of the 11-day movie marathon. Toronto audiences have proven to be savvy predictors of potential Oscar winners with their picks. LARRY BUSACCA/GETTY IMAGES

Journalists to vie for T.O. Centre

Byelection. The two rookies will compete for Bob Rae's former riding

Two celebrated authors and former journalists will be going head-to-head as the NDP and Liberal candidates in an upcoming Toronto federal byelection, a race that's expected to preview which of the two opposition parties will likely emerge as the alternative to the Tories in the next national election.

The Liberals picked Chrystia Freeland to fly their banner in the riding of Toronto Centre, while the New Democrats selected Linda McQuaig — both political rookies.

Freeland, who came under fire from McQuaig before her victory was even announced, wouldn't take the bait, saying only that she was looking forward to the race and the chance to defeat the Conservatives in the 2015 general election.

"Canadians are ready for a change," Freeland said. "They've had some time with the Harper government and they're not too happy with where they've gotten."

McQuaig quickly shifted into byelection mode after her first-ballot victory, putting both Freeland and Prime Minister Stephen Harper's Conservatives in her crosshairs.

Canada is moving into the "post-Harper era," she said in her victory speech, eliciting a roar from the crowd of party faithful.

The Tories are on the ropes from the Senate scandals, she said, and the outcome of the Toronto byelection will shape the direction of the next national election in 2015.

She called Freeland Liberal Leader Justin Trudeau's "handpicked choice" who thinks nothing can be done about income inequality, a big issue in a riding that includes low-income neighbourhoods as well as some of the most expensive homes in the city.

THE CANADIAN PRESS

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Trump suite going once, going twice ...

On auction block. Possible purchasers can tour Bay-Adelaide condo unit on Thursday

A veteran realtor has decided to try to pawn off his $1-million-plus hotel-condo suite in Toronto's Trump hotel like a piece of fine jewelry or aging farm equipment — by auction.

After watching listings for about a dozen similar units in the beleaguered luxury project languish on the MLS for more than a year without a single taker, the owner of the 12th-floor suite has turned to Toronto-based Ritchies Auctioneers.

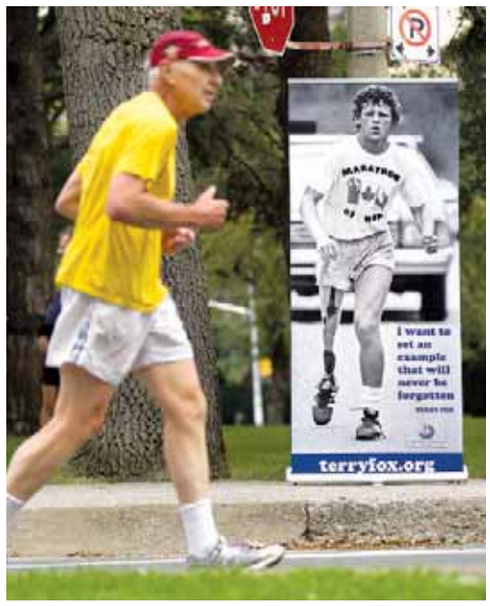
The unusual auction for the 950-square-foot hotel suite is slated for Sept. 22 in the sumptuous ballroom of the Trump International Hotel & Tower.

An investor revolt at the building has seen only 50 buyers of 261 hotel-condo units actually take possession well over a year after the project opened. Owners of 25 units have launched a lawsuit for more than $40 million against developer Talon International, alleging they were victims of "an investment scheme and conspiracy." TORSTAR NEWS SERVICE

Who wants it?

"There will be two kinds of potential buyers for this ... likely to be international. It's either going to be a purely ego thing, somebody who likes the novelty ... or a bargain hunter."

Kashif Khan, managing director of Ritchies



Still making strides

Sunday marked the 33rd annual Terry Fox Run, with thousands of people joining in across Canada and in more than 220 locations in Ontario alone, like this one in High Park on Sunday. The projected donation this year from the High Park run alone is $130,000 — up from last year's $115,000. More than $600 million has been raised worldwide for cancer research in Fox's name, according to the foundation. BERNARD WEIL/TORSTAR NEWS SERVICE

East-west corridor. Transitway opening delayed until spring

The long road to better transit in Mississauga will stretch at least a few months further into the future.

More than three years after construction began, the first section of the Mississauga Transitway has had its scheduled fall opening pushed to the spring because of issues with contractor B. Gottardo Construction.

Station elevator construction is part of the reason for the delay, confirmed Geoff Wright, Mississauga director of transportation projects. He would not provide details pending a report to Mississauga council next month.

Although the contractor will probably be done by December, the Transitway probably won't open before spring, he said.

Mississauga's existing MiWay 109 and 107 routes will be the first to use the new corridor, which connects to the bus bypass lanes already on Highway 403. Those bus routes were designed with the Transitway in mind, said Wright.

The first phase of the Transitway has been under construction since 2010. It runs about five kilometres, with stations at Central Parkway, Cawthra, Tomken and Dixie roads.

TORSTAR NEWS SERVICE

No charges laid

Canadians to remain behind bars in Egypt

An Egyptian prosecutor has ordered Canadians John Greyson and Dr. Tarek Loubani to spend at least another 15 days behind bars in Cairo.

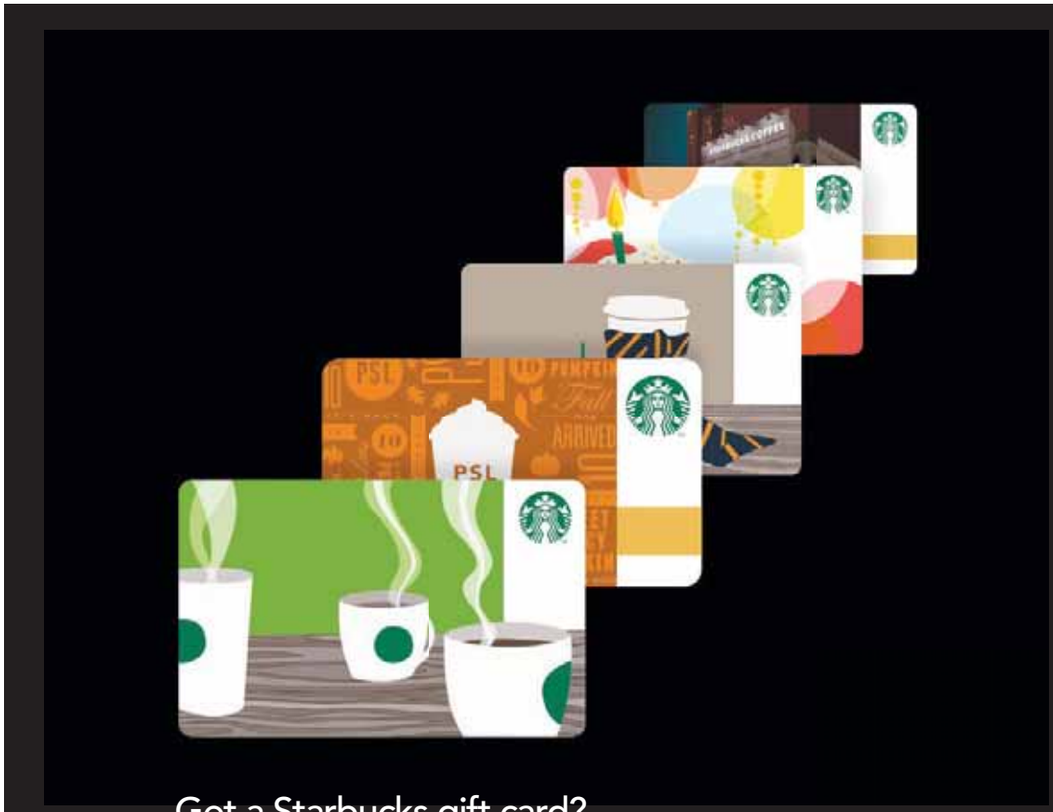
As of Sunday, Greyson and Loubani have been in custody for 30 days, according to their friend Justin Podur.

After numerous delays, consular staff and lawyers representing Greyson and Loubani finally had two brief meetings with prosecutor Mohamed Heta over the weekend.

Egyptian authorities have given no reason for the extension or ongoing detention, said Podur.

No charges have been laid, but Egyptian prosecutors have alleged the men conspired with the Muslim Brotherhood in an attack on a police station.

TORSTAR NEWS SERVICE



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No country wants diplomats' son after criminal conviction

"Life is very stressful," says Deepan Budlakoti. "You're stateless in a country that you were born in." He and his supporters are campaigning online to stop his deportation. STEVE COLLINS/FOR METRO IN OTTAWA

Deportation. Man says Canada is the only home he has ever known, will plead on Parliament Hill

STEVE COLLINS
For Metro in Ottawa

Supporters of a Canadian-born man fighting an unusual deportation to India will take his case to Parliament Hill in a press conference Wednesday.

"We're calling on two ministers, the immigration minister and the public-security minister, to jump in and basically stop the deportation and to reinstate my citizenship," said Deepan Budlakoti, who was born in Ottawa to two ex-employees of the Indian High Commission, both of whom are now Canadian citizens.

Budlakoti was ordered deported in 2011 after he was sentenced to three years for weapon and drug trafficking.

The government argued that because he was born to diplomatic staff, his Canadian birth did not confer automatic Canadian citizenship.

The case grew more complicated when India refused to accept him from Canada.

He says he last visited India — on his Canadian passport — at age 12 for a grandparent's funeral.

"I am not an Indian citizen," Budlakoti said.

"I have never lived in India and I have no ties to India whatsoever, other than the fact that my parents came from India."

Budlakoti has had to go to court to get a work permit, which has been issued but still hasn't arrived in the mail.

Meanwhile, he says, the numerous restrictions he's under — including a curfew and travel restrictions — will make it difficult to work in his field of construction.

"I can't leave (home) until 9 in the morning and I have to be back by 9 (p.m.). I can't work construction, because construction's always early in the morning."

Not my home

"I am not an Indian citizen. I have never lived in India and have no ties to India whatsoever, other than the fact that my parents came from India."

Deepan Budlakoti

Growing ire

Canuck visa rules worst in world for Mexicans: Envoy

The Mexican ambassador to Canada says his country is "really mad" at the Harper government for the continued imposition of a visa on its travellers. "Canada has the most stringent visa system for Mexicans of any country," said Francisco Suarez. THE CANADIAN PRESS

University of Calgary

Group sees rape culture at U of C

Chants advocating sexual assault and a contentious campaign slogan are among the proof that rape culture exists at the University of Calgary, assert the founders of a new awareness group.

"It shouldn't take a bunch of frat students literally shouting this for people to take this seriously," said Emily Leedham of the Consent Awareness and Sexual Education Club. JEREMY NOLAIS/METRO IN CALGARY

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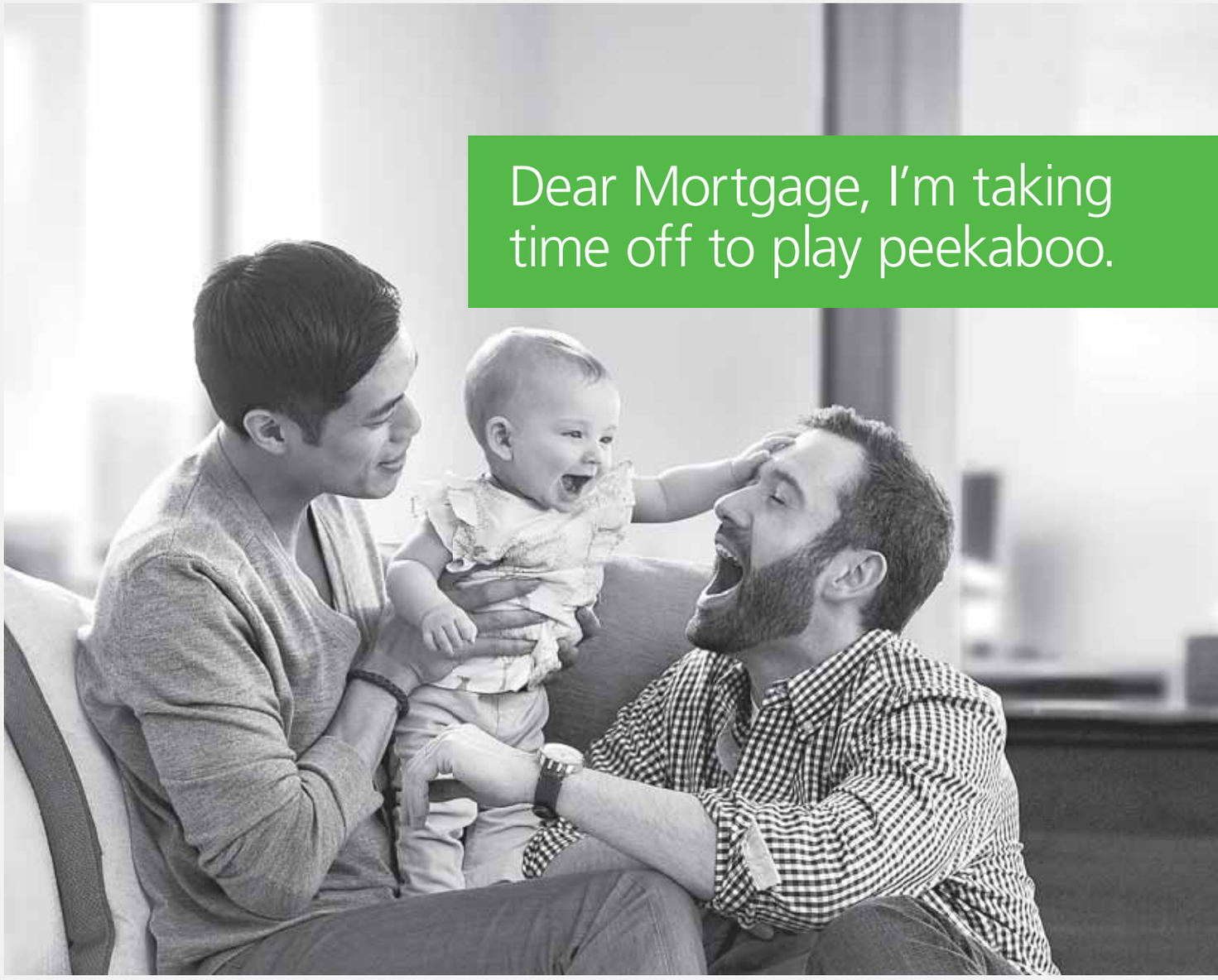

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YouTube ban in Pakistan challenged

Internet censorship. Move has sparked debate on right to information vs. impulse to block material seen as offensive to Muslims

ToffeeTV has hit an unexpected snag. The Internet startup depended on YouTube to promote Hokey-Pokey, The Umm Nyum Nyum Song and other language-teaching clips it produces for children, but the video-sharing website has been banned in Pakistan for nearly a year.

The measure was imposed to block videos that Muslims took as insulting and blasphemous. But the unintended consequence has been frustration for many companies, educators and students. A petition to end Internet censorship is before a Pakistani court, and a debate has been rekindled over how to reconcile the right to a free flow of information with a widespread public sentiment that Islam needs special protections.

THE ASSOCIATED PRESS

Message

"Surf Safely! ... The site you are trying to access contains content that is prohibited for viewership from within Pakistan."

Pakistanis who try to view YouTube get the above message.

In this picture taken Wednesday, Pakistani university students try to access YouTube in Karachi, Pakistan. For almost a year, Pakistanis wanting to watch the video-sharing website have had to find alternatives. THE ASSOCIATED PRESS

Ongoing tension. Syrian official calls chemical weapons deal a 'victory'

A high-ranking Syrian official called the U.S.-Russian agreement on securing Syria's chemical weapons a "victory" for President Bashar Assad's regime, but the U.S. warned Sunday "the threat of force is real" if Damascus fails to carry out the plan.

The comments by Syrian Minister of National Reconciliation Ali Haidar to a Russian state news agency were the first by a senior Syrian government official on the deal struck a day earlier in Geneva. Under the agreement, Syria will provide an inventory of its chemical arsenal within one week and hand over all of the components of its program by mid-2014.

"We welcome these agreements," Haidar was quoted as saying by the RIA Novosti agency. "On the one hand, they will help Syrians get out of the crisis, and on the other hand, they averted a war against Syria by removing the pretext for those who wanted to unleash one."

He added: "These agreements are a credit to Russian diplomacy and the Russian leadership. This is a victory for Syria, achieved thanks to our Russian friends."

There has been no official statement from the Syrian government, and it was not clear whether Haidar's comments reflected Assad's thinking.

The deal, hashed out in marathon negotiations between U.S. and Russian diplomats, averts American missile strikes against the Assad regime, although the Obama administration has warned that the military option remains on the table if Damascus does not comply.

THE ASSOCIATED PRESS

Lesson for Iran?

President Barack Obama says his administration's approach to Syria's chemical weapons should show Iran that there's the potential for diplomatic solutions to arms standoffs.

- But Obama says Iran shouldn't assume that his preference for diplomacy means the U.S. won't strike Tehran.
- Obama tells ABC's This Week that Iranians understand that their pursuit of a nuclear weapon is "a far larger issue for us" than the use of chemical weapons in Syria.

At least one dead

Protesters, cops clash in Cambodia amid disputed election

Riot police in Cambodia clashed with protesters in the nation's capital on Sunday, shooting one to death and wounding six more, opposition activists said, in a new wave of demonstrations against Prime Minister Hun Sen's government following a disputed July election.

The demonstrations in Phnom Penh, which also left one policeman injured, marked one of the biggest challenges yet against the autocratic rule of Prime Minister Hun Sen, who has been in power for nearly three decades. They also raised fears that even bloodier days could lay ahead, with opposition leader Sam Rainsy vowing to keep up the pressure until the country's post-election deadlock is resolved.

THE ASSOCIATED PRESS

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Telecom

Who will bid for wireless spectrum?

Consumers will soon get an indication whether there are any foreign telecoms with the billions and the brawn to compete for a piece of Canada's wireless market. Registration opens Tuesday for bids in a government auction to buy radio waves. THE CANADIAN PRESS

How Twitter flew from obscurity to IPO feeding frenzy

Social media. Service's public sale of stock will be the most scrutinized since Facebook's Wall Street debut in 2012

Famous figures on Twitter include Queen Elizabeth, left, President Barack Obama and Pope Benedict XVI. THE ASSOCIATED PRESS FILE

The Pope. President Obama. Queen Elizabeth. Oprah. You.

When Twitter started seven years ago as an obscure medium for geeks, critics dismissed it as an exercise in narcissism. Some thought it would be as intriguing as watching people gaze at their bellybuttons. But it quickly matured into a worldwide messaging service used by everyone from heads of state to revolutionaries to companies trying to hawk products.

Now, Twitter is taking the next critical step in its evolution — selling stock to the public. It promises to be the most hyped and scrutinized initial public offering since Facebook's Wall Street debut in May 2012. To be successful, the company will need to become an advertising behemoth and prove that the same service that has already helped change the course of history can also make money.

Twitter quietly slipped out news of its plan to go public in a tweet last Thursday afternoon. By the next morning, nearly 14,000 of Twitter's 200 million users had retransmitted the message.

"Twitter epitomizes the revolution of social media ... more than Facebook, more than YouTube," says Fordham University communications professor Paul Levinson, author of New New Media. "It caters to the immediacy, the equality of all users." THE ASSOCIATED PRESS

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TRANSIT PLAN? IT'S RIGHT HERE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Free to a good home: One sensible, evidence-based transit plan.

If you hadn't noticed, transit planning in Toronto is kind of a five-star gong show at the moment. Warring politicians, conflicting egos and a willingness to change approved plans every other week have all come together to create a climate in which nothing seems to ever get done.

We can do better. Toronto's coming municipal election is an opportunity to put in place a transit plan that makes sense — one built on facts and evidence.

I am — I promise — not running for mayor. But I do have a transit plan in mind. Here's what it looks like:

First, and this is important, don't cancel anything. There are things about Toronto's currently approved transit plans that I don't entirely like, but it shouldn't matter. Transit is about compromise. Elected officials have been way too blasé about taking on cancellation fees for foregone projects. Just build it, even if it's not perfect.

That out of the way, my transit plan envisions four major expansions of the existing TTC system.

We'll start with the downtown relief line, or whatever you want to call it. It's the subway line planners and transit experts have been saying the city needs for three decades. This is a non-negotiable project. The Yonge subway line is, by any metric, entirely at capacity. We're out of options.

So build it. It should be a new subway line running, as its first phase, from Union Station north through the West Don Lands and Leslieville, connecting to the Danforth line at Pape, then continuing up to make a connection with the Eglinton LRT at Don Mills.

That covers our most pressing need. After that, I'd look at two major LRT extensions. In Scarborough, let's build the promised Malvern LRT from Scarborough Town Centre, bringing transit to one of the city's most isolated neighbourhoods. In Etobicoke, we should bring the Eglinton LRT all the way to Pearson airport, as originally envisioned.

Finally, we need to think ahead. Toronto's port lands represent huge potential. The city must ensure that any new neighbourhoods on the waterfront are transit-oriented from Day 1. Building an LRT across Queens Quay East to connect with the under-construction streetcar line on Cherry Street would be a great start.

This isn't a radical rethink of Toronto's transit future. All four of these lines have previously been studied. With a funding strategy, we can start construction fast. It's also a political plan — it brings improvements to all parts of the city.

Best of all, I'm offering this plan up free to anyone who is looking for a transit platform in 2014. Take it, it's yours. Just promise me that you'll stick with it — and finally get some damn shovels in the ground.

ZOOM

Motor-yikes!

COURTESY GUINNESS WORLD RECORDS

Mega-motorbike tops world record

This gigantic ride got its driver on the high road to record-breaking fame. Fabio Reggiani, 31, has created the world's tallest motorcycle — a bike that's six times larger than a standard model. The product designer from Reggio Emilia, Italy, features in this year's edition of the Guinness World Records book. METRO

Motorcycle in numbers

5.10
metres is the height of the motorcycle — higher than a double-decker bus.

10.03
metres is the bike's length — longer than a stretch limousine.

5,000
kilograms is its weight — the average weight of an African elephant.

Q and A

'I control the bike using a joystick'

What was the process behind making this monster motorbike?
A team of eight of us spent seven months building the vehicle. Most of the parts are actually from large cars: The engine was a 5.7L V8 engine, running at 280 horsepower. It can drive at a top speed of 60 km/h.

How do you reach the sky-scraping handlebars?
I don't (laughs). I control the bike using a joystick that's placed in front of the seat. It's quite easy, in fact — I only need to turn the front wheel.

What's been the reaction from the public?
My favourite one has been, "O mamma mia come è grande!" ("Oh my mother, how big it is!")

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the days of summer in the rear-view mirror, it can be hard to escape the fall doldrums. But come on, for most of us, life ain't really so bad. If you sometimes need a little reminder on how to put on that happy face, there's a whole new wave of self-help happiness apps.

Happier:
Let's be honest: No one wants to be the guy walking around telling everyone how great their life is. So now you don't have to. Happier lets you share your happy thoughts with a community of like-minded happiness-seekers.

Track Your Happiness:
Kind of like fitness tracker meets research project. This site lets you track who you were with and what you were doing when reaching your peak happy levels. Goodbye Debbie-downer friends.

Hapyr:
All it takes, according to the website, is two minutes a day to be a happier you. Hapyr sends a daily reminder for people to sit down and write for just 120 seconds about all the lovely things in their lives.

Twitter

@metropicks asked: When Twitter launched, many doubted its success. Now it's going public. Why do you use Twitter?

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Review

Who: Vampire Weekend

Where: iTunes Festival

When: Sunday, Sept. 15

During Vampire Weekend's performance Sunday, you'd be hard-pressed to recognize the nervous Ivy Leaguers who took over indie rock a few years ago. Ezra Koenig and co. came across like bona fide pop stars. On opener, Diane Young, the group cranked out the tune's big hooks with aplomb. Meanwhile, tracks from their first two records, such as Oxford Comma and Horchata, received some of the strongest reactions. The band drew in equal parts from all three of their albums, and their distinct voice and polished image served to dispel criticisms that their music was too derivative of Afropop rhythms. Sure, the penchant for intellectual lyrics is still intact, but they're being themselves. They seem more comfortable in their own skin and found the balance between elitism and good old-fashioned fun. Just before their third and final encore, Koenig said goodbye to the audience and wished everyone a good school week.
JACOB MORGAN/METRO

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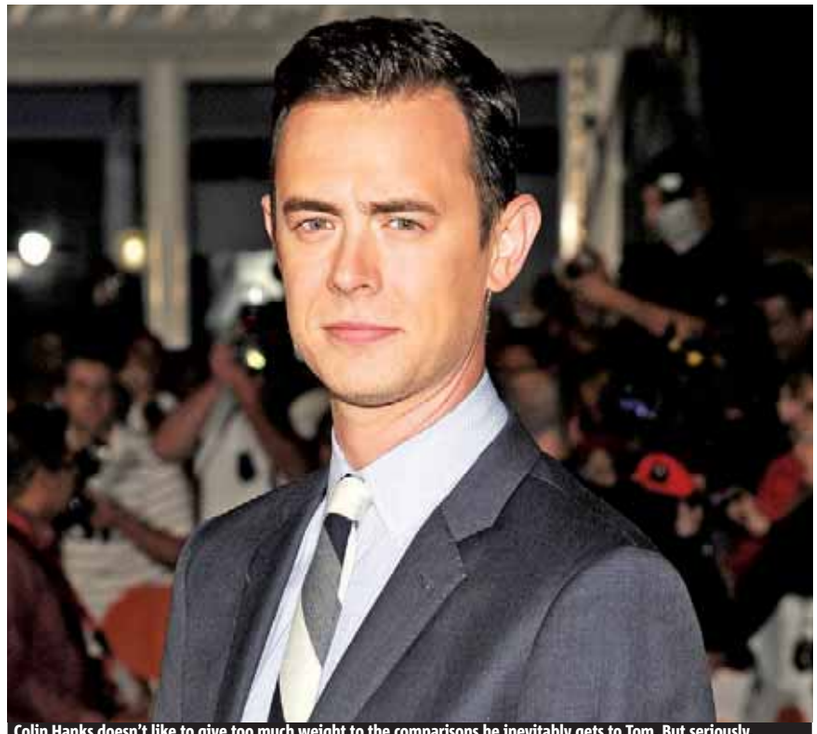
Keeping it in the family

Celebrity spawn.
Famous relatives are a double-edged sword in the movie business



Colin Hanks doesn't like to give too much weight to the comparisons he inevitably gets to Tom. But seriously, doesn't he totally look like his dad? THE CANADIAN PRESS

What's in a (family) name?

Quite a bit, apparently, when it comes to the next generation of actors and directors trying to make their way in the film world.

This year's cinematic offerings at the Toronto International Film Festival featured a slew of young movie makers and up-and-coming stars with famous last names who are trying to step beyond the shadow of their well-known relatives.

But while having a recognizable surname can certainly have its perks, it seems a memorable moniker also brings certain pressures.

Colin Hanks, the witty son of the famed Tom Hanks, knows all too well what it's like to be compared to his popular father.

"Definitely, there is more attention than most," said the actor, who was in Toronto promoting his upcoming JFK drama Parkland.

"This sort of idea of, 'Oh well, he's not as good as his dad' — that always makes me laugh because I was getting that when I was 23, and I'm like 'OK ... he had time to get to where he is.'"

The younger Hanks noted that while his last name creates a point of interest, he's stopped stressing over unfair comparisons to his dad.

"There's not really a whole lot I can do about it so I don't really think about it too much," he said with a shrug. "(Acting) is a profession that I've chosen because I love it and I don't want to do anything else."

Sarah Sutherland is already learning to think along the same lines.

The 25-year-old said being the daughter of Canadian actor Kiefer Sutherland and the granddaughter of esteemed actor Donald Sutherland does come with "certain assumptions"

But the budding actress, who was promoting her new movie Beneath the Harvest Sky at TIFF, hopes she can come to be known for her own work, and not just her name.

"My father and my grandfather have an incredible body of work and both have an incredible work ethic, so I'm just proud to be associated with them and to be making my own mark in this industry," she said.

"We always keep business and personal things very separate and they've always been very respectful of me figuring things out on my own."

There's no doubt that the progeny of big-name celebrities get held up to higher standards. But there are some among the next generation of stars who are driven by that added scrutiny.

Take Gia Coppola, for instance. The granddaughter of Hollywood heavyweight Francis Ford Coppola (the man behind The Godfather) and niece of Sofia Coppola is well-aware of the critical analysis her own directorial debut is being subjected to.

"It does add a lot of pressure, but it just makes me want to work harder and prove that I can stand on my own," said the soft-spoken 26-year-old, who has adapted a book by James Franco for the big screen with her film Palo Alto.

"I hope that people see the film because they're interested in the story and not so much to see what the spawn of the (Coppola) family ... can do." **THE CANADIAN PRESS**

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True Blood's Stephen Moyer, who did not get buck naked on the show. CONTRIBUTED

After full-frontal, it's time to say goodbye

TV. HBO's True Blood says so long, farewell

Where do you go after you show Alexander Skarsgård naked? Answer: Nowhere — you just have to cancel the series.

OK, that might not be the reason HBO pulled the plug on True Blood, but it might be close. (After you go full frontal, it's hard to go back.)

Michael Lombardo, the network's president of programming, released this statement about ending the show in 2014 after seven seasons:

"True Blood has been nothing short of a defining show for HBO. Alan Ball took the books by Charlaine Harris, assembled a brilliant cast led by the magnificent Anna Paquin in the role of Sookie Stackhouse, and crafted a show that has taken its many devoted fans on an unforgettable journey.

Alan passed the baton to Brian Buckner, who led our fantastic writers and crew in crafting a spectacular sixth season, and he will lead us through the seventh and final season of this amazing show.

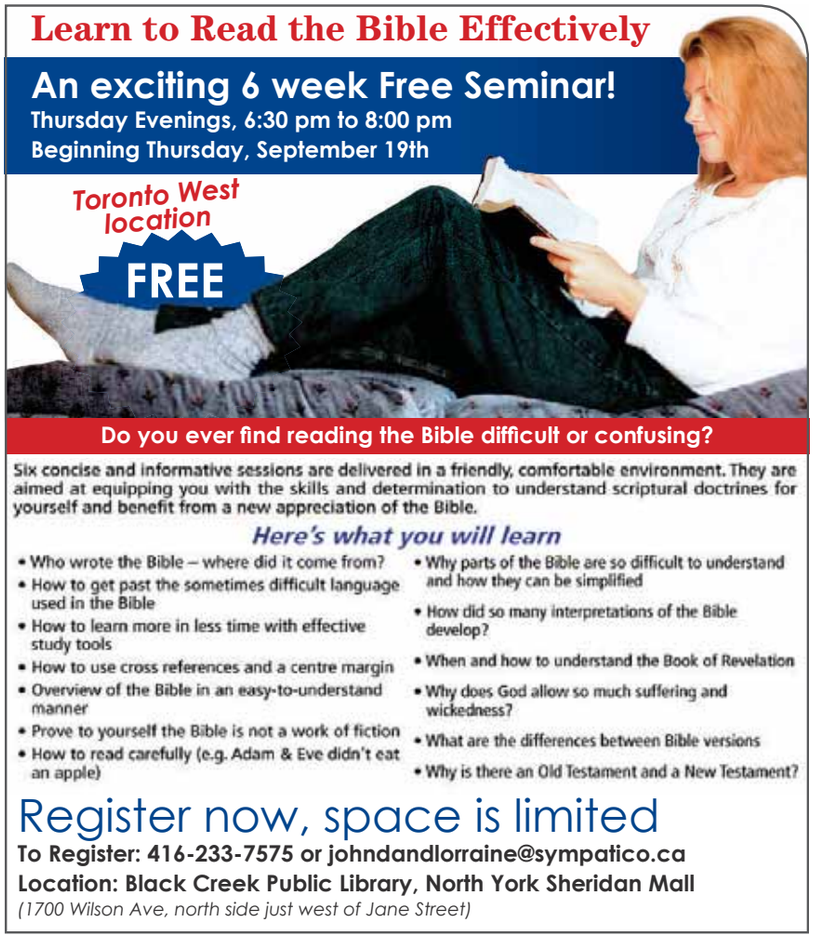
Together with its legions of fans, it will be hard to say goodbye to the residents of Bon Temps, but I look forward to what promises to be a fantastic final chapter of this incredible show."

In a recent interview with Metro, we asked Kristin Bauer Straten, who plays Pam, what she would do when True Blood ends its course.

"I have a secret hope that I can stay in the world of cable television, HBO," she told us (got that, Lombardo?) "It's just nice to be in a world without advertising.

"And I know that the other networks — kids today don't know that the networks are free. You can get a coat hanger and you can watch ABC and CBS and NBC. So, I understand they have to be paid for, but it is a different feel working for HBO, where the creative content doesn't have that control and so, clearly, we get to do things that you can't do when, you know, little kids might be watching."

DOROTHY ROBINSON/METRO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Hasselbeck has a friend in Fox

Talk shows. TV personality leaves The View for more conservative pastures

Steve Doocy, Elisabeth Hasselbeck and Brian Kilmeade in New York. Hasselbeck debuts as Doocy and Kilmeade's new partner on Fox & Friends Monday.
CONTRIBUTED

To Elisabeth Hasselbeck, the Fox & Friends morning show felt like home long before she actually got to work there.

It was regular viewing at home for Hasselbeck, whose 10 years on The View ended in July. She'll debut as Steve Doocy and Brian Kilmeade's new partner on Fox & Friends Monday, after the departing Gretchen Carlson offered farewells Friday.

"I'd almost make the analogy that it's being called up to play for one of your favourite teams in the major leagues," said Hasselbeck, whose opening week will include a series of reports with the cast of Duck Dynasty.

Although its viewership is typically less than a quarter of leading broadcast morning show Good Morning America, Fox & Friends thoroughly dominates cable. It is averaging 1.1 million viewers a day this year, the Nielsen company said. MSNBC's Morning Joe is at 392,000. CNN's New Day has averaged 308,000 viewers since its launch in the spring, enabling the network to slip past Morning Express on sister network HLN (249,000).

As Hasselbeck rehearsed for her new job last week, Fox News executive Bill Shine jokingly called her a "survivor." He wasn't referring to her time spent on a tropical island with Jeff Probst.

Her conservative viewpoints often left her alone among her co-hosts on The View, or the subject of barbs from the also-departed Joy Behar and Whoopi Goldberg. Hasselbeck said everybody has challenging days on the job, whether they're in broadcasting, medicine or education.

If they haven't had challenging days, "there hasn't been that growth moment," she said. "I've had the privilege of having a lot of growth during those 10 years, let's just say that."

On her last day in July, Hasselbeck was magnanimous — particularly to The View creator Barbara Walters and Goldberg — but clear-eyed. She left the day after her hiring at Fox was announced.

Whether she jumped or was pushed is still murky. Us Weekly reported on May 8 that Hasselbeck was being "ousted" from The View, which the show denied. Shine said he's long admired Hasselbeck, and said her move was triggered by running into Hasselbeck's agent at a launch party for the Fox Sports 1 cable network, which took place March 5. Shine said he followed up a few days later by calling the agent and asking if Hasselbeck would be interested in working at Fox.. THE ASSOCIATED PRESS

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Running toward success at TIFF

Chloe Robichaud's Sarah Prefers to Run is her debut feature film. THE CANADIAN PRESS

Sarah Prefers to Run.
Quebec filmmaker's feature debut charmed audiences at TIFF and is now headed south to the Baja Film Festival

Character study

"She's full of determination and inner force but at the same time she's anxious, she's shy and she's afraid to meet new friends, to be in a new place."
Sophie Desmarais on her character, Sarah, in Sarah Prefers to Run

The coming-of-age track drama Sarah Prefers to Run sure has legs.

After visiting Cannes earlier this year, Chloe Robichaud's debut feature courted English-language audiences at the Toronto International Film Festival and from there it was announced it was one of two Canadian films invited to the Baja International Film Festival.

Its francophone star Sophie Desmarais says she's grateful for the attention the film is earning, admitting she expects her first leading role will open doors.

Desmarais plays the singular-minded Sarah, whose passion for running earns her an invitation to a prestigious running club in Montreal.

But without money to fund the move, she agrees to marry her friend, Antoine, played by Jean-Sebastien Courchesne, in a bid to get lucrative school grants and loans.

The Toronto International Film Festival wrapped Sunday.

Desmarais says she needed to transform her body to convincingly play an athlete. She gained 10 pounds of muscle through pilates and running drills and then set about putting a unique stamp on Sarah's rigid stride.

"Everything is in her gaze and in her heart," she says of the 20-year-old's reserved personality, which extends to a ramrod-straight posture.

"She's very interior."

The 27-year-old Desmarais, who also appeared at TIFF on behalf of Sebastien Pilote's Le Demantelement, says she relished the chance to flesh out a mysterious character.

Very little of Sarah's inner life is revealed through dialogue, leaving Desmarais to convey as much as she could through facial expressions and other physical movements.

"She's full of determination and inner force but at the same time she's anxious, she's shy and she's afraid to meet new friends, to be in a new place," she says.

"Sarah doesn't have this ability to adapt easily so I was really touched by this because she has a great passion for running; she's a good athlete but she doesn't have the charisma and the words to speak about this."

Desmarais says she already has plans to work on Robichaud's next film, Country, expected to shoot next year.

THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes The Week

The new adventures of Pippi Longstocking — rated X

STARGAZING
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The pilot of a private plane tells TMZ that when Justin Bieber and his posse recently exited an SUV to board, pot smoke billowed out and Justin was "baked out of his mind" on the flight. Calm down. Justin's just researching for his next song, If I Was Your Boy Idol Who Threw It All Away.

Tami Erin, who played Pippi Longstocking in some 1980s movie, says she's releasing her sex tape before her ex does. Here's hoping said ex isn't the horse or the monkey.

Prince Andrew is confronted by security personnel at Buckingham Palace. Being him is like being the Jonas Brother named ... erm ... his name is ... the one who sings on Broadway.

Brad Pitt says there may be a World War Z sequel in the works. It may take a while because they have to figure out the CGI necessary to make the zombies run even faster.

Gwyneth Paltrow is filmed cutting in front of a school bus while riding her Vespa with one of her kids on the back. In her defence, she was late for a diamond-infused, elf-administered, $5,000 colonic.

Miley's wrecking ball

This can't be a good sign. In the wake of renewed rumours about Liam Hemsworth and January Jones getting cosy, Hemsworth's fiancée, Miley Cyrus, has unfollowed him on Twitter, adding to speculation that the couple of four years may be in trouble. Cyrus has been travelling around Europe promoting her latest album, while Hemsworth was most recently in Las Vegas this weekend for the Mayweather-Canelo boxing match.

Twitter

@justinbieber
Gotta run.

@DonCheadle
Tweeps, if I'm out where there's 11K people and EVERYBODY wants "just one picture" and I politely decline, please don't take it personally.

@Fred_Willard
Wondering today why coffee and tea cups are only half full in tv,film...Bigger question, why do I wonder?

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Feeling good

Getting high on self-esteem

According to Nick Whitehead, the CEO of Oxford Learning, some students with high self-esteem have only mediocre marks.

That's because they have learned important lessons: Trying is as important as success, and overcoming failure and learning from mistakes are essential to development.

Whitehead points out that parents can tell if children have healthy self-esteem by observing their actions and asking some vital questions.

• Does all learning have to be highly structured or does she or he accept change?

• Can your child willingly accept difficulty, or deal with failure?

• When confronted by failure, does she or he blame somebody else? Or does your child take responsibility for his or her own learning experience?

• Is your child content just to get by with average achievement or does she or he try to excel? NEWS CANADA

There are ways to ensure your child's self-esteem is high. ISTOCK

Exclusively online

Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores now.

Take a bite out of school lunches

Tips. A recent survey shows that 62 per cent of parents don't enjoy making school lunches for their kids

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Being a parent is hard work. And if I were to believe what I see on Twitter, Facebook and in blogs, article and television segments, the making of school lunches is near the top of the list.

(As an aside, is it just me, or am I right in thinking that if making a school lunch is even in the top 100 complaints about your life then your life is pretty good?)

A survey I recently ran with Cityline viewers revealed that 62 per cent of respondents said they do not enjoy making their kids' lunches, but they do it anyway, even though the kids are old enough to do it themselves.

In the corporate world, this would be known as bad project management. True, there are some parents who like being responsible for putting together the lunches for their kids, which allows them to control what foods and how much goes in. Of course, it can't control the fact that little Jimmy may still trade away his apple for a brownie, or pitch the broccoli in a bin on the way out of the lunchroom, but it can help limit their bad food choice options.

Getting your children involved in making their own school lunches is an opportunity to teach them about making healthy food choices. ISTOCK

What it doesn't do, though, is teach them to make their own healthy food choices at home, and to take on a responsibility that they can easily handle from about age eight and up.

Kids even younger should be involved in some part of the lunch construction.

While there is a growing trend to hide nutritious food from kids (zucchini in muffins), or make it "fun" for them to eat (sandwiches cut like flowers), this is really just training mom and dad on some new mostly non-transferable culinary skills, and not providing a food education for your children. Teach them to make a regular, square sandwich instead.

So how can you get the kids to take it on?

1. Sit down and write out a list of lunch options: sandwiches, re-heatable foods and salads, as their main entree.

2. List acceptable snacks they can choose from, out of the cupboard, fridge, or fruit bowl. Then let them construct.

3. Start by having them "own" the responsibility of lunch. If they want you to make it, they have to ask. Nicely. And you can say no. (You're the boss, remember?).

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Mexican Independence Day isn't complete without Cemita

This traditional Mexican sandwich offers delicious layers of zesty chicken, a creamy cheese spread, crunchy cabbage slaw and sliced avocados from Mexico.

Personalize your Cemita by replacing the chicken with pulled pork or thinly sliced beef and cranking up the spice level.

Sharing, optional. Napkins, mandatory.

This recipe serves six. COURTESY MISSAVACADO.CA

1. In bowl, combine cabbage, lime juice, sugar, salt and pepper. Set aside.

2. In saucepan, bring onion, broth and BBQ sauce to boil over high heat; reduce heat to medium and gently boil until onion is softened and liquid is reduced to about 1/2 cup (125 ml), about 5 minutes. Add chicken; heat through. Cover and set aside.

3. Avocado Cheese Spread: In bowl, mash one of the avocados. Stir in mayonnaise, lime juice, salt and pepper; fold in cheese and cilantro. Thinly slice remaining avocado.

4. To build sandwiches, place avocado slices on base of toasted buns. Spoon some of the chicken mixture overtop; top with cabbage slaw, then Avocado Cheese Spread, and finally a few pickled jalapenos. Top with bun lids, skewering with picks, if needed. MISSAVACADO.CA

Ingredients

- 2 cups (500 ml) finely shredded cabbage
- 2 tbsp (30 ml) lime juice
- 1 1/2 tsp (7 ml) sugar
- 1/4 tsp (1 ml) each salt and freshly ground pepper
- 1 small onion, thinly sliced
- 3/4 cup (175 ml) chicken broth
- 1/2 cup (125 ml) favourite smoky BBQ sauce
- 3 cups (750 ml) cooked rotisserie chicken, shredded

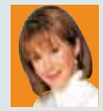
Avocado Cheese Spread

- 2 fully ripened avocados from Mexico, halved, pitted, peeled
- 1/4 cup (60 ml) light mayo
- 1 tsp (5 ml) lime juice
- 1/4 tsp (1 ml) each salt, pepper
- 1 cup (250 ml) shredded fresh Oaxaca cheese
- 1/4 cup (60 ml) chopped cilantro

- 1/2 cup (125 ml) sliced pickled jalapeno peppers
- 6 large sesame seed burger buns, split and toasted

Healthy eating

Choose it and lose it



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Get in those last cold treats before fall arrives, but be careful if you're watching calories, fat and sugar.

Medium Dairy Queen S'mores Blizzard

870 cal / 38 g fat / 92 g sugar
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Equivalent

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I want words, not the wide screen

Beauty of the book.
How to foster a life-long love of reading in your little one

Reading is a gift — it takes you on a journey, opens your eyes, raises questions and exposes you to new thoughts and ideas. With the following five tips, you can make sure your child will read more and have fun while doing it:

Designate reading time
Setting daily reading time with your child is an effective way to motivate him or her to read more. Whether it is during breakfast, after school or before bedtime, a set time of day infuses routine and stability, giving your child something to look forward to.

Learn a new word a day
Pick out a word in an encyclopedia, or have your child flip to a random page and select a word with his or her finger, then study it and learn the spelling and meaning behind the word. If you would like to go even further, you can encourage your child to use that word in a sentence the following day to help with memory retention.

Learn through listening
Audio books, learning songs and trivia challenges help build comprehension skills and vocabulary. For a tool to help the learning to read and write process, the LeapReader by LeapFrog has a library with more than 150 stories, work and audio books, along with a wide range of activities that are sure to stimulate their minds and help foster enhanced reading and writing skills.

Start a book club
Organize a book club amongst your children's friends. Host a get-together once a month, where they can discuss the latest book they are reading. Make it fun by serving some snacks and drinks (you can even theme them around the story).

These tips will help ensure reading is an enjoyable experience that you and your child will relish. By making reading fun, you will ensure that your child enhances his or her skills and it will be a memorable experience that you can share together for years to come.

NEWS CANADA

Keep a journal

A journal is a great way to bolster your child's creativity and enhance reading and writing skills.

- To add another layer of learning, encourage kids to use some of the new words they have been learning to further enhance their vocabulary. A short daily journal entry will help keep their skills sharp.

Why don't you start your son or daughter with a story you loved at their age? ISTOCK

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Memorizing a 400-digit number? 'Anyone can do it with practice'

All hail the human computer. Some folks are making it their mission to be masters of memory, but is the skill still valid in the age of all things digital?

KIERON MONKS
Metro World News in London

A contestant waits his turn in the final round of the speed cards trial at the UK Open Memory Championship. KIERON MONKS / MWN

In 1978, sharks turn vegetarian. In 2041, a mouse swims across the ocean. This was unlike any test I had experienced — in five minutes I had to memorize 150 pairs of abstract events and dates, competing against the world's best memories.

Around the room competitors had their eyes shut in fierce concentration, their ears covered with headphones; some tapped their feet or rocked back and forth. I was out of my depth and relieved to score 10. "Not terrible," according to a supervisor.

The UK Open Memory Championship, held at the Science Museum in London, England, attracts many of the leading mnemonists. They compete in 10 disciplines that include memorizing decks of cards in under a minute and reciting 400-digit binary numbers.

"This is about creativity — you take the numbers and turn them into pictures and make stories out of them," says three-time world champion Ben Pidmore, who describes himself as an "accountant with the soul of a hippie."

This year's winner was Swedish prodigy Jonas Von Essen, 21. He agreed the process is all about imagination.

"I write, draw, make movies and look at different shapes to figure out what they could be — that is how I get the discipline. Anyone can do it with practice."

Changing the impression of a closed shop for science geeks is key to the sport's growth, and although there were no female participants this year, new ground is being broken all the time.

Since the first World Championships in 1991, seven founding members have grown into global rankings for a top 1,000 and a thriving tour of prestige events from Bahrain to China.

Standards have been driven up along the way.

"In athletics we measure success and failure by 100ths of seconds, but in mental athletics every year we are discovering the brain capacity is much bigger than we thought possible," says Chris Day, general secretary of the World Memory Sports Council.

In the 1980s it was widely believed that no-one could recall more than 30 numbers, but the 2012 World Champion Wang Feng, from China, has memorized 2,660. To compete at the top, training requirements have gone from one hour per day for a week, to 10-hour days for six months, and many competitors use audiovisual stimulation machines to keep them sharp.

Some have questioned the need for memory training in a digital age, but author and former champion Dominic O'Brien believes it is essential.

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

O'Brien has secured government funding for a scheme that teaches memory techniques in schools.

"You have the kids learn a story and then they realize they have learned the first 20 elements of the periodic table."

But for real-life application, many of the competitors said they are still just as likely to forget their car keys or get lost on holiday, as the techniques need to be consciously applied.

Others have been chased out of casinos for their card-counting tricks.

Chris Day foresees a military use.

"If agents could memorize a lot of data it would get through searches." Human surveillance units? In the NSA-era, our memories may be the only safe place left.

The winner of the UK Open Memory Championship — Swedish prodigy Jonas von Essen, 21. KIERON MONKS / MWN

Memory technique

Remembering a speech:

- Break it down into sections
- Attach a word to each section. Example: door, dog, handkerchief.
- Construct a story using the words and give them context. Example: 'I walk through the squeaking door, and see my dog sitting on the mat. On his nose is a handkerchief.'
- Go over the story until you can remember it forward and backward.

Joggin' the noggin

"If you don't exercise your memory, your attention span and mental agility suffers. Google is fast food and we need to work it off."

Dominic O'Brien
Author and former memorization champion

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SPORTS 4

Leafs start pre-season with win over Flyers

Maple Leafs centre Nazem Kadri hits the Flyers' Nick Cousins during second-period pre-season action on Sunday at Budweiser Gardens in London. Kadri set up Toronto's opening goal and the Leafs won their exhibition opener 4-3. DAVE CHIDLEY/THE CANADIAN PRESS

Buehrle loses battle against Baltimore

MLB. Valencia hits two-run double to lead Orioles past Blue Jays

Mark Buehrle inched a little closer to his 13th consecutive season with 200 innings pitched on Sunday, but for the second start in a row, the left-hander struggled.

The Baltimore Orioles earned a 3-1 win over the Toronto Blue Jays at Rogers Centre as Buehrle lasted five innings, bringing his total to 194 1/3 for the season.

"Obviously with five innings I wasn't very pleased with myself," he said. "I got out of some big jams and kind of gave us a chance there for a bit."

After going through a stretch of nine starts in which he was 6-0, Buehrle (11-9) has lost his past two. Buehrle allowed six hits, three walks and three runs (two earned).

A two-run double by Danny Valencia in the third and a bases-loaded walk to Chris Davis in the fourth were the keys to his loss.

Mark Buehrle took the loss vs. the Orioles on Sunday. THE CANADIAN PRESS

"It was a battle for him today," Blue Jays manager John Gibbons said. "But he has that knack of hanging around and surviving and keeping you in the game."

Adam Lind homered for the Blue Jays as they picked up their fifth loss of their last six games.

THE CANADIAN PRESS

Wild-card chase

The Orioles (79-70), who entered Sunday 3 1/2 games removed from an American League wild-card spot, won two of three against the Blue Jays (68-81) to take the three-game series.

Cycling

Sagan steals show in Montreal

Peter Sagan broke away from the lead group four kilometres from the finish line and held on to win the Grand Prix Cycliste de Montreal ahead of Simone Ponzi and Canada's Ryder Hesjedal on Sunday.

THE CANADIAN PRESS

NBA

James picks up another ring

Miami Heat star LeBron James married Savannah Brinson at the posh Grand Del Mar Hotel in San Diego on Saturday, according to two people familiar with the details of the ceremony.

THE ASSOCIATED PRESS

Soccer

Ronaldo re-ups with Madrid

Cristiano Ronaldo signed a new contract with Real Madrid on Sunday that will keep him at the Spanish club until 2018. Madrid did not disclose the terms of the deal. THE ASSOCIATED PRESS

CFL

"That's why you have to let a young quarterback go through the ups and downs of being a starter."

Toronto coach Scott Milanovich on quarterback Zach Collaros who, after a terrible first-half, led the Argos to a 31-29 win over the Roughriders on Saturday.

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Manuel fits the Bills with winning drive

NFL. Rookie QB tosses deciding TD with two seconds remaining to overcome a pair of turnovers vs. Panthers

Clutching the game ball tightly in his hands, EJ Manuel was making his way up the tunnel in the euphoria of a last-second victory when the Buffalo Bills rookie quarterback was stopped in his tracks.

Hall of Fame QB Jim Kelly jumped from out of nowhere to greet Manuel with a big bear hug and two brief words: "Good job."

On the day the Bills honoured Kelly and other past stars during a halftime ceremony, Manuel provided a promising glimpse into the franchise's future. The first-round draft pick out of Florida State threw a two-yard touchdown pass to Stevie Johnson with two seconds left to clinch a 24-23 win over the stunned Carolina Panthers on Sunday.

Quoted

"This is like going to the dentist and getting several teeth pulled without any anesthesia, laughing gas, nothing."

Panthers wide receiver Steve Smith, on the team's difficulty in winning close games. Carolina dropped to 2-14 in games decided by seven points or less in two-plus seasons under coach Ron Rivera.

"I can't even tell you how it felt," Manuel said of the touchdown pass. "I think I started crying right then. I'm not usually an emotional guy. But I'm going to enjoy these types of things."

Manuel was 29 of 37 for 296 yards and bounced back after throwing an interception and losing a fumble on consecutive possessions, with the turnovers leading to field goals by Graham Gano. He became the fifth NFL rookie since 1960 to engineer a fourth-quarter comeback in his first or second game.

"I'm not surprised. EJ doesn't seem like a rookie," said Johnson, who finished with 111 yards receiving. "He earned a lot of our respect."

Bills defensive end Mario Williams set a team record with four and a half sacks. Fred Jackson scored on a four-yard run.

The Bills (1-1) bounced back from the disappointment of squandering a lead in the final seconds of a season-opening 23-21 loss to New England.

It was a bittersweet first victory for rookie coach Doug Marrone, who took over after Chan Gailey was fired. Marrone was in tears after the game when he revealed he was mourning the loss of a good friend, Rob Edson, the Onondaga Community College athletic director, who died suddenly Saturday.

THE ASSOCIATED PRESS

Stevie Johnson catches a two-yard touchdown pass with two seconds left in the Bills' 24-23 win over the Panthers on Sunday in Orchard Park, N.Y.

GARY WIEPERT/THE ASSOCIATED PRESS

Around the league

Broncos 41, Giants 23. Peyton Manning threw two touchdown passes in beating younger brother Eli, improving to 3-0 in the NFL against his sibling.

Packers 38, Redskins 20. Aaron Rodgers threw for a career-high 480 yards and four touchdowns.

Bears 31, Vikings 30. Jay Cutler threw a 16-yard touchdown pass to Martellus Bennett with 10 seconds left.

Chiefs 17, Cowboys 16. Alex Smith threw for 223 yards and two touchdowns.

Texans 30, Titans 24. Rookie DeAndre Hopkins caught a two-yard touchdown pass in overtime to cap Houston's comeback win.

Falcons 31, Rams 24. Julio Jones hauled in 11 passes for 182 yards, including an 81-yard touchdown.

Ravens 14, Browns 6. Baltimore sacked Brandon Weeden five times before finally knocking him out of the game in the fourth quarter.

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Canadians banged up after falling to Serbs

Davis Cup. Pospisil, Raonic walk away from international tourney with ankle injuries

Canada limped out of the 2013 Davis Cup semifinal with three losses to Serbia, and two bruised bodies.

The Canadian team's Davis Cup run came to an end Sunday as Janko Tipsarevic beat Vasek Pospisil 7-6 (3), 6-2, 7-6 (6), giving Serbia the 3-2 win in the best-of-five tie.

Pospisil was injured on the final point when he dove to hit a volley.

"I went for a volley and rolled my ankle and hear some pops, which obviously isn't good but that was it," said Pospisil, who was helped into the post-match press conference by Canadian staff members. "My ankle's swollen right now. Hopefully it's nothing too serious.

"The fact that I was able to walk out of there was probably a good thing."

Tipsarevic took a commanding 5-1 lead in the decisive tiebreak but had trouble closing out the game until match point when he desperately dove for Pospisil's shot.

The euphoria for the hosts started when the ball just barely made it over the net and past a helpless Pospisil. Had he won the point and the match continued, Pospisil insists he would have played through the pain as best as possible.

Canada's run to the semi-finals featured upset wins over Spain and Italy and with the 23-year-old Pospisil, 22-year old Milos Raonic, and doubles maestro Daniel Nestor, who insists he still has a few years left despite being 41 years old, there is the core of a strong team for years to come.

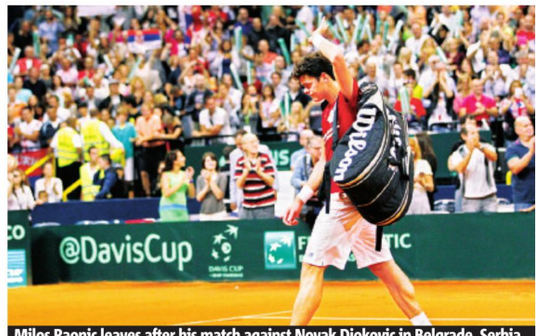
"Hopefully they'll have to deal with us a lot in the future," Pospisil said.

THE CANADIAN PRESS

Tennis nation

Serbia is back in the final for the first time since winning the tournament in 2010.

- Novak Djokovic forced the decider when he took down No. 11 Milos Raonic 7-6 (1), 6-2, 6-2 in the first match of the day.



Milos Raonic leaves after his match against Novak Djokovic in Belgrade, Serbia, Sunday. Raonic, of Thornhill, came in with a slight ankle injury that he picked up in his win over Janko Tipsarevic on Friday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
When the Sun moves into the relationship area of your chart next weekend, you will have to compromise more. If there is anything selfish you want to do, you should do it now.

♉ Taurus
April 21 - May 21
If you have been having second thoughts about a project, you should keep them to yourself. Something will happen this week to make you realize things aren't as bad as you fear.

♊ Gemini
May 22 - June 21
At last there is light at the end of the tunnel and you will emerge into that light no later than the 22nd when the Sun moves into your fellow Air sign of Libra. In the meantime, don't take life so seriously.

♋ Cancer
June 22 - July 23
Have fun with friends this week because later you won't have time for socializing as you will be dealing with serious issues at home and at work. Laugh hard now and work hard later.

♌ Leo
July 24 - Aug. 23
Keep a firm grip on the purse strings over the next few days because if you start spending more than you can afford, you will regret it towards the end of the month. Save for something that is really worth having.

♍ Virgo
Aug. 24 - Sept. 23
The world won't come to a halt today but you will notice that certain parts of it start to slow down. It could, of course, be an optical illusion: Maybe it's just you speeding up and moving faster than everyone else.

♎ Libra
Sept. 24 - Oct. 23
When the Sun enters your birth sign on the 22nd, there will be no holding you back. But between now and then, you will have to conform to what others expect of you.

♏ Scorpio
Oct. 24 - Nov. 22
Take life as it comes and don't worry too much about its wider meaning. There will be no end of opportunities to ask the big questions towards the end of the month. For now, live in and enjoy the moment.

♐ Sagittarius
Nov. 23 - Dec. 21
Some thoughts in your head don't seem to belong to you. So where do they come from? Most likely you have allowed yourself to be influenced too much by your environment. Think for yourself.

♑ Capricorn
Dec. 22 - Jan. 20
You may be annoyed that your talents have been overlooked but the good news is you will soon break through to the big time. Be patient and be ready to act quickly.

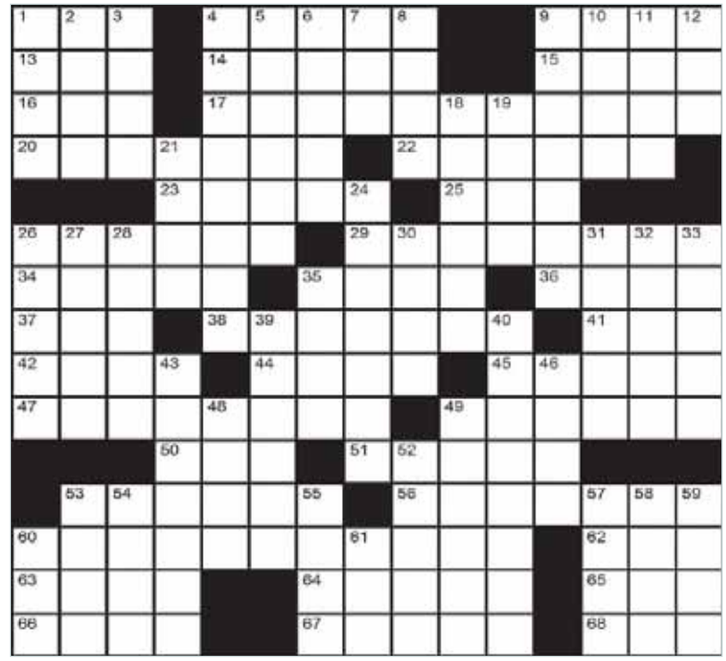
♒ Aquarius
Jan. 21 - Feb. 19
You can hardly put a foot wrong at the moment and your luck should get even better towards the end of the week. But don't take anything for granted or the planets may decide to knock you back a bit.

♓ Pisces
Feb. 20 - March 20
If you want to improve your life, you can't change things overnight. Set just one target to reach every day, and don't move to the next until you have mastered it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Compress, as a computer file
4. Fancy-hatted English racecourse
9. Kind of spirit
13. Filmmaker Ms. Lupino
14. Cursed
15. Old Scandinavian symbol
16. Modern
17. "Dancing with the Stars" host: 2 wds.
20. Alberta town
22. Fall, for one
23. __ it goes (There you have it): 2 wds.
25. Sixes, Roman-style
26. Situation of unstableness or of urgency
29. Eagles hit: "__ __"
34. Is a tenant
35. Praiseful poems
36. __ Fein
37. Do like Al Pacino
38. Canadian tenor Ben
41. Certain consciousness
42. Some are faux
44. God: Spanish
45. Legendary acting teacher, Stella ___ (b.1901 - d.1992)
47. Hockey great from Saskatchewan, Bryan __
49. __ Path (Toronto neighbourhood dubbed 'Millionaires Row')
50. Paul's music duo partner
51. Worker laying down the ceramics
53. Some brands of electronics
56. Most dungeon-like
60. RCMP in French is GRC which is... __ royale du Canada
62. Alias indicator
63. Ballerina's skirt
64. Tiger Woods' ex-wife, and namesakes
65. Bolt
66. "__ Slidin' Away" by Paul Simon
67. Lets up
68. Wilt

Down

1. Multivitamin mineral
2. Notion
3. Chess piece
4. Dazzle
5. Pirate fight weapons
6. Arrives
7. Earth, for one
8. Jeans tops
9. Locks
10. Certain currency
11. Unknown advice seeker's sign off, for short
12. Sign on a restaurant restroom
18. Change
19. Laundry detergent brand
21. Ship spar
24. __ __ of Montreal (Historic area on the St. Lawrence River)
26. Basketry, for example
27. Happen again
28. Book's brief beginning
30. Hankerings
31. Move over
32. Georgia who played Georgette on "The Mary Tyler Moore Show"
33. Sleep silently opposite
35. "The Andy Griffith Show" role
39. Newspaper VIP
40. Infrequency
43. Pursuit for Caroline Rhea
46. Mr. Bogarde of film
48. __ _ bit harder (Put more effort in)
49. "Glee" character played by Darren Criss
52. Actor Mr. Elba
53. Alone: French
54. Against
55. Captain Hook's sidekick
57. Corn units
58. Gull-like bird
59. Powdered fruit-flavoured drink
60. Lettered sports cars
61. Old music high note

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3	2			4	1	
7						8		6
	9			8				5
	6				2	3		
			6		9			
		1	5				9	
6				7			8	
1		2						4
	4	9			6	5		

Friday's Sudoku

6	1	4	7	9	3	2	8	5
3	7	8	2	1	5	9	4	6
9	5	2	6	8	4	7	3	1
4	2	1	8	3	7	6	5	9
7	9	3	1	5	6	8	2	4
5	8	6	4	2	9	1	7	3
1	6	7	3	4	8	5	9	2
2	4	5	9	7	1	3	6	8
8	3	9	5	6	2	4	1	7

Today
14°/5°
Partly cloudy

Tuesday
16°/9°
Sunny

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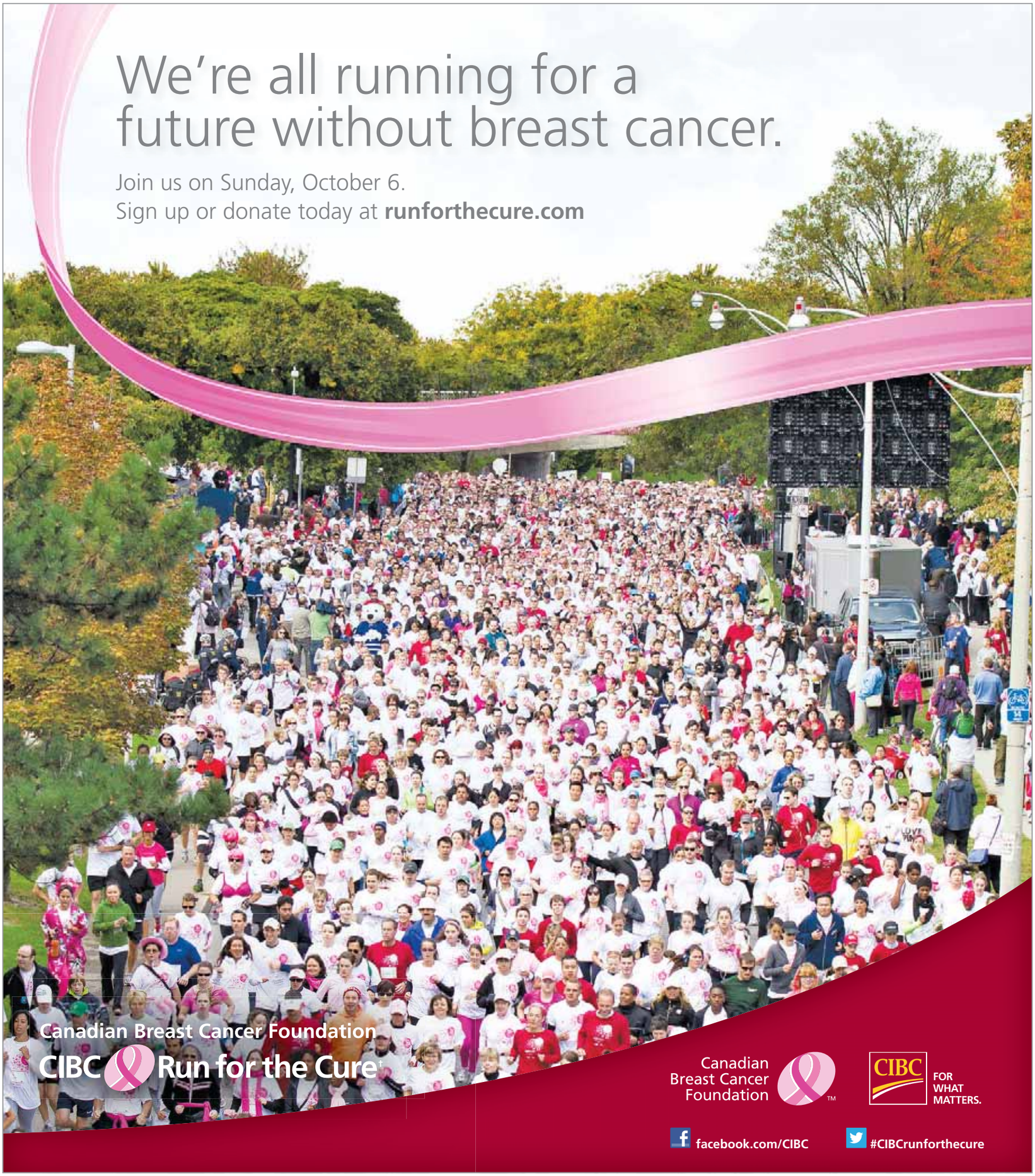
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